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Winter is here, let's head for the sun!

Mondial Assistance offers tips on how to resist some strong temptations

As winter settles in, many tourists will choose to visit warm, sunny destinations for a guaranteed pick-me-up. However, their eagerness to find themselves on a dreamy sandy beach should not prevent them from remembering a few good habits they need to practice so they can have the best holiday possible.

Taming the Sun

Imagine. You've been out of the sun for weeks or even months and, in just a few hours, you'll move from the cold of winter to a warm, tropical climate. Beware of the transition!

If you are exposed to ultraviolet rays (UV), your eyes will pay the price. 90% of UV rays pass through clouds; so do not rely on cloud cover for protection. Your best friend, in this case, is a pair of maximum UV protection sunglasses.

Too much sun can cause unease and discomfort, or it can bring on a fever or nausea. To avoid this, it's best to drink plenty of water. And, do not physically over exert yourself in the sun. Remember to wear a hat or cap, fan yourself, apply high protection sunscreen, and avoid excessive sun exposure, particularly between 12 noon and 4PM.

« When travellers seek the sun in winter, they need to be particularly careful. By adopting good habits before and during the trip, travellers can avoid getting sun burns, sunstrokes, mosquito bites or even stomach upsets, and then all the benefits the sun has on our moral can last longer, » explains Dr. Catherine Porte-Arondelle, Medical Director Mondial Assistance.

Protect yourself from fraudulent imitations

Resist the temptation to bring home an inexpensively priced souvenir, and be extremely cautious when it comes to drugs and medication. Purchasing counterfeit goods is a customs offense, which could lead to penalties ranging from fines to imprisonment, even if one acts in good faith.

One drug in ten sold throughout the world is falsified. And, besides a possible sanction, there is also a health risk. Counterfeit products do not need to abide by safety or quality standards, so they can easily cause allergies, poisoning or other types of incidents.

Yes to responsible, respectful tourism!

Discovering a country, enjoying its scenery and exceptional sites, and relaxing on pristine sandy beaches cannot be preserved without the help of tourist-travellers. Part of travelling in the 21st century means trying to minimise as much as possible one's impact on the environment and the local way of life. Do not forget that every year 20 billion tons of waste is dumped into the oceans, and between 2008 and 2020, waste will increase by 40% worldwide. To make sure that the places we all dream about remain dream destinations, everyone must play their part in being responsible and respectful.